



# March 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:15 - Sit Down Tone Up (West + East)	2
3 9:15 - Stretching & ROM (East + West)	4	5 9:15 - Sit Down and Tone Up (West + East)	6 9:15 - Ball Exercise (West) 9:15 - Ball Exercise (East)	7 9:15 - Posture (East)	8 9:15 - Sit Down Tone Up (West + East)	9
10 9:15 - Stretching & ROM (East + West)	11	12 9:15 - Sit Down and Tone Up (West + East)	13 9:15 - Ball Exercise (West) 9:15 - Ball Exercise (East)	14 9:15 - Posture (East)	15 9:15 - Sit Down Tone Up (West + East)	16
17 9:15 - Stretching & ROM (East + West)	18	19 9:15 - Sit Down and Tone Up (West + East) <i>FIRST DAY OF SPRING</i>	20 9:15 - Ball Exercise (West) 9:15 - Ball Exercise (East)	21 9:15 - Posture (East)	22 9:15 - Sit Down Tone Up (West + East)	23
24 9:15 - Stretching & ROM (East+ West)	25	26 9:15 - Sit Down and Tone Up (West + East)	27 9:15 - Ball Exercise (West) 9:15 - Ball Exercise (East)	28 9:15 - Posture (East)	29 9:15 - Sit Down Tone Up (West + East)	30
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